

2010 Professional Seminar-  
The Seven Stages of Alchemy with METAMUSIC®  
Teresa Bullard

**(Barbara Bullard)**

It really is my privilege to introduce the next speaker. You may be wondering, as a beautiful woman with a PhD in physics, quantum theory, nanotechnology in the origin of life, all around the world teaching classes in Kabbalah, spiritual probes now. I suppose it helps to be born into the Bullard family. Teresa has become a teacher for both my husband and myself, including her entire family. But our favorite course that she teaches has turned out to alchemy. It's so strange, I used to think that alchemy was some strange old science, pseudoscience, where you turn a lead into gold. And that would help my quantum money. But when we got into it, I just fell in love with turning mine live, into gold. And she has taught me so much over the last couple of years. And I got really interested in the music part of alchemy. So, she and I proposed a four week class at our college on alchemy and Metamusic. I said you do alchemy, and I'll do music. After the first night, either you do alchemy, and you do the music. This woman has such an insight into music, and it's about whole things we've been talking about. But I know Bob's up there going, alchemy and the Metamusic and spiritual growth. Go girl.

**(Teresa Bullard)**

Thank you. So, before we begin, I just want to take a moment to say that it really has been an honor and a pleasure to spend the last couple days here listening to the talks by other professional members, and to just witness the amazing synergy and outside of the box thinking that has happened here in this group. And you guys are really a pleasure for me to be able to speak to because it's just such a sophisticated and experienced audience and so much background here that I really hope that I can hold my own with it.

So, consciousness is the key theme in the Metamusic and the Hemi sync and the Monroe Institute's efforts in their work. And consciousness really is as you know, we've been talking about all weekend is, it's like consciousness is the variable or the place where everything starts. And this is something that the alchemists knew very well. Now, it was interesting for me, when I began my search, I had, of course been exposed to this and grew up with Metamusic and with Hemi sync and went through my own journeys of being the skeptic and then becoming the believer, through personal experiences. And, and yet I set off on a search to really understand the universe. I want to understand the universe, how it works, what's out there, because that out there seems far more interesting than what's going on here in our mundane lives. And that was the perspective that I had going out of high school. And so I went into physics and astrophysics and started studying, you know, the grand stuff. And I had these very idealistic and expanded visions of you know, what was I going to discover. And then I got into physics academia. And it was nothing like what I was hoping for. I learned a lot of math. And I learned a lot of derivations from first principles. And I, I would say, out of everything that I learned in my PhD program, I learned how to teach myself any subject I wanted to from first principles, but I didn't really get the deep philosophical conversations that I was hoping for. And, you know, what does that mean, you know, the

particle or the wave? And what does that mean, uncertainty of things? And, you know, what are these things mean, you know, that I was hoping, especially in graduate school, that we would be able to explore that. And that was not the case.

So, that then led me into this place of being rather disappointed, rather disenchanted with mainstream science and academia in in, what it had become, I don't think that's what it always was, but what I was experiencing myself. And so then I found myself very out of balance. And I went in search of Where, where, what am I missing? What is going to restore that balance for me? And I looked in, I was like, well, maybe it's athletes. And so I got, you know, active again in sports because I was doing like 80 hours of physics a week once I got into grad school. And that helped, but that wasn't it. And then I went in, and I started exploring, you know, getting more social again. And that helped but that wasn't it. And piece by piece I brought on all these things that I just always had, I was grateful, and lucky enough to have had all through my life is just this very balanced plate. And the one thing I hadn't brought on, when I finally put my finger on it was, was the spirituality, it had always just sort of been there. And I took it for granted. And so it was like, that was one of those moments where I was at the gym, and I'm thinking about this, I'm like, What's missing? What's missing still, and, and when I put my finger on, it was like, Oh, my gosh, I never thought this was that important to me.

So, at that point, I actively started seeking, how can I blend this realm of consciousness and alternative experiences, which I had always been exposed to, with the mainstream science realm and unite the two together, because it was really clear to me that they were both a very important part of the puzzle. And so I started really seeking. And I remember, one day, I had been told by someone who was, you know, just give me some advice that I should look into alchemy. And I said, What in the world are you talking about?

I looked at her and I went, nonsense! I am a real scientist, I don't have possibly anything that I could learn from these pseudo scientists of the Middle Ages, or medieval times, or dark ages, or whenever it was, I don't I couldn't possibly learn anything from them. And little did I know, though, little did I know that alchemy was at the roots of today's science. And I hadn't, you know, I had had this stereotypical image of the, you know, scientists, pseudo-scientists working in a dungeon laboratory, trying to turn lead into gold and, you know, doing all these funny concoctions and playing with mercury and just being stupid.

And so this woman goes, No, no, no, no, you don't understand you have to study alchemy. I said, Okay, whatever. And I went back to, you know, my regular science work and, and it was maybe two months later, was it two months, about two months, somewhere in there. My mom, my lovely mother was at a bookstore. And she always loved buying books for people as a gift. And she knew that I was too busy to read most of the books that she would buy me by then. And she was walking by this one used book clearance table, and they would not let her leave, they, you know, whoever they are, would not let her leave without buying this one book. And she walked by it several times. And it kept saying Teresa. Buy it for Teresa. And she, you know, looked at it and she's like, I would never buy that for Teresa. And she walked away and walked back by and you know, called out to her again. And so finally she's like, okay, whatever. And so she bought the book for me and then she very apologetically gave it to me. And it you know, this title, the Emerald Tablet and you know something about alchemy, and I go,

Hmm, well, okay, you know, this other woman is mentioning alchemy to me, you're, you know, I trust your guidance mom. And I'll read it. So, I saw I started reading it and I realized that alchemy was nothing what I had thought it was, nothing what I thought it was.

And in fact, in my search to find the way to really unite the study of consciousness, and what we who and what we truly are with the the mainstream type of science like real hard science, I found that alchemy was that perfect blending of the two. And we at one point had that. But we had gone away from it for various reasons. And the story that we're told in our history books r in our, you know, physics textbooks when they tell you, you know, who all the big discoveries were of different physics theories, they kind of pull the wool over our eyes, and they paint this, you know, stereotypical picture that a lot of people have turning lead into gold, but that's not really what they were. So, what really were the signs the alchemists, I've discovered, there's my mouse. I discovered that the science that we know today (Sorry, I'm trying to find my mouse so that I can scroll to our next thing anyways.) So, the science that we know today's standing on the shoulders of giants. And those giants, by and large, not all of them, but a lot of them were alchemists. People who might even surprise you. were alchemists. Or they studied the works of alchemists knowing that these were alchemists. And so what really is alchemy? (Just gonna work. Okay,) What really is alchemy? So, when I say that what I just want to hear from you guys, what do you throw word out? What is? What do you associate with alchemy? Transformation. Okay, good. What else? Transmutation. What's the difference? Silence. Okay. Okay. So, again, Mystery, it is a big mystery. Yes. Philosophy, excellent Ancient Egyptian philosophy. Indeed it is. Okay, so good. So, alchemy is, yes, there is very much the transformation, transmutation, the difference between them has to do with when it's in a physical form versus when it's in an energetic or a mental state. There's also, though it is an, it comes from ancient Egypt, and maybe even before that, but it was really perfected and refined in ancient Egypt, and went through various phases of being philosophical, and then being very practical.

And even before all of that was probably very shamanic, whereas like earthy kind of working with the herbs and so forth. And then it became a science over time, over 1000s of years, it developed into a science that had a methodology to it, that had a repeatable way of testing things and bringing it down to a practical, physical level. And part of what they developed in that science was purification, how to take something, whether it was something from nature, or something from the self, like our own psyche, and how to purify it, how to rid it, of the impurities and the toxins and the lesser, you know, the ingredients that maybe you're are not of the highest perfected form of that thing.

The other thing that they made a science out of, or an art out of, is how to raise the vibration, how to bring more consciousness into that thing, or how to bring more, you know, a greater aura, a greater level of energy to that thing. And then ultimately, they really are about trying to intentionally, by our own will and interaction, intentionally accelerate evolution.

Again, they applied alchemy in many different ways. They applied it at a physical level. Right. So, working with herbs and creating healing tinctures. And in fact, most of our modern pharmacology stemmed out of that. They worked with trying to understand the the, really, ultimately the perfection of the self. And, like Carl Jung's work, a lot of it stems off of the alchemists, the reintroduction of archetypes into psychology comes from his alchemical studies. They worked with how to really just

understand the fundamentals of nature, which a lot of physics and chemistry and so forth came from, and there's alchemy traditions in the east, and the west and the north in the south, there's alchemy from all over the place. Because alchemy is not one path. Alchemy is a universal formula. And that universal formula is written all over nature, and has been discovered again and again and again, by the people who study nature. And so they've all come down to this realization that there is a pattern that we can understand that we can learn from observing nature. And then from understanding those, those laws, those fundamental, you know, guiding principles of how evolution moves forward, how creation happens, how we transform one thing or purify one thing or perfect one thing, we can apply that same pattern to many different things. It's like it's fractal, you can apply it to any level you want. So, you can apply it out to the physical world or you can apply it to the self or you can apply it spiritually.

And for example, in the east, a lot of the yogic practices and tantric Buddhism practices and Ayurvedic practices, these are all internal alchemy and spiritual alchemy. And then you have Ayurveda also takes it to a physical level. And you have Chinese medicine, physical, you know, herbal alchemy. You have this same thing in a lot of the Western tradition. So, alchemy is very much a part of this idea of how we can transform things and perfect them. And there's a, it is ultimately about expanding consciousness as well and raising our vibration. There's a definition by Diana Fernando, the alchemy leads to perfection on all planes, it is a speeding up, it is an evolution speeded up by man.

So, this is where we can step into, you know, where science has tried to separate itself from consciousness and from intention, and from subtle energies and spirituality and so forth. Science has tried to separate out from that. And religion has gone in the other direction, you know, where it's no, no science, but it's all about faith. Alchemy is where the two are in Union, the two of them are wed together. And it is not just a science of the physical, it is a science of the soul, it is a science of consciousness, it is the science of the Spirit, and how we can harness all those things, to affect this world, so that we can be more in a process of co-creating consciously. You already are co-creating, right, we've been talking all weekend of how our intent creates the results that we're getting out there. Well, a lot of times, though, we're not conscious about that process. So, this is very much about becoming conscious of it. And through that conscious awareness, then and with the understanding of the basic principles and the path that nature follows, for evolving things, we can step into a role of actively participating with that. And by actively participating with that, we can then accelerate the evolution.

And that is ultimately what alchemy is about. In the end, though, it this is just a fun little image that depicts, you know, the As above, so below her that which is above corresponds to that which is below. And this is one of the main philosophies, that is at the core of alchemy, at the core of how we can even have the ability or the power to affect this world, and how we can also. by studying this world, come to understand the greater whole. And it's this concept of the law of correspondence, As above, so below, which all of you are familiar with, which also translates to, As the inner, so the outer and vice versa. This is really at the fundamental core of alchemy.

And it comes from that Emerald Tablet, that Emerald Tablet is just like one sheet of paper. It wasn't a sheet of paper back then obviously. But it really is a very small document that contains the whole formula in it, but it's in a very coded language. And this coded language is a part of why there has

become so much misunderstanding about what alchemy is. The whole lead into gold, for example, as my mom sort of alluded to, in her introduction, lead into gold is more of a metaphor. Taking the lead being the impurity or the toxin, or the density, or the the block the obstacle, something that's getting in the way, or something that is just amiss, or out of alignment in a system, purifying that out, and then bringing the whole system back into a state of integrity, and greater awareness and, and just purity so that it can really shine its true potential through.

And so in the Emerald Tablet, it gives us that, that secret formula of how to do that. But more than physical gold. the alchemists were interested in the gold of the self, how can we reveal the full inner potential that is stored within us at, all the way from, you know, just our spiritual aspects to the soul? And the personality aspects to the physical aspects? How can we body, mind and soul? How can we perfect ourselves and do it in an accelerated rate, instead of waiting for billions and billions of years for evolution to do it for us? How can we do that ourselves?

And this art is very ancient. With, like I said, ancient Greek ancient Egyptian roots. They say that the founder, the father of alchemy was Toth in the Egyptian system, which is Hermes in the Greek system, which is Mercury in the Roman system. So, you can find all these parallels within the different ancient, sort of philosophies of who was the founder of alchemy, the, the Messenger of the gods, the person who brought us all science and mathematics and astronomy and higher learning and language and writing, and so forth.

And he's going to tie into music here, as I get to that in a moment. But there's some other people on this list, that I'm sure there are names that you guys are going to recognize here, many of whom are very famous scientists who made major contributions to the advancement of scientific thought, like Kepler, and Brock and Robert Fludd and Francis Bacon and Isaac Newton.

Isaac Newton, interestingly enough, is the person who our modern-day scientists credited for taking us out of the archaic age of alchemy, and that he was really just trying to bring everything down to mathematical principles, and you didn't need to invoke spirit. But actually, Isaac Newton was more of an alchemist than anything else. And his, a lot of his writings and his journals and so forth had been locked away. There's a real political battle that happened right at his time. And, and so I think that the reasons for alchemy going underground, were not because it wasn't a valid science or because it wasn't effective. But because there was some political stuff that was happening. And because it didn't really measure up when we come and speak about the bottom line, like Paracelsus, for example.

Paracelsus was able to heal and to cure diseases that were running through Europe at the time, and people would come to him and he had a 99% success rate with curing whatever people came to him with. And he would do it through herbal tinctures. But he would use principles like, you know, understanding the astrological makeup, for example, on what was happening, and, and you know, making sure that we're harvesting at the right time, bio-dynamic farming is starting to come back. Now, this is a principle of alchemy, where you pay attention to seasons and the moon, and what and so forth. And so he, the thing was, is that in order to create an alchemical tincture, which is extremely potent, and usually would be tailored to the individual, if you want to go, you know, the full mile with it, it would take a minimum of six months sometimes to make one, because you're paying attention to timing and trying

to harness subtle energies by doing so. And so when you talk about today's pharmacological business, and, you know, the alchemical business, it was, like, you know, today is about throughput and, and bottom line, and, you know, getting mass production and so forth. And without chemical products, you can't do that. Because there's just, you know, it's about healing. It's not about just, you know, creating drugs.

And so, there are even some of the founders of modern quantum mechanics. Poly, for example, was very interested in the works of the alchemists. So, what was this sort of secret formula that they had, for how to create these transformations. And this is the most simple and yet, kind of motto, of the alchemist and it's called "solve et coagula." "Solve et coagula" means, solve means to dissolve or to break apart, separate, solvate separate, and coagula means to recombine or coagulate. Right, so it's all about separating and recombining, dissolving and then crystallizing it. But they would add a step of purifying in the middle. So, they separate, they purify the different parts out, and then they put it back together.

But when they put it back together, they're not just putting it back together, you know, not really thinking about it. Every step they take they involve their intention, every step they take, they recognize that the experimenter and the experiment are entangled, they're one and you cannot separate them. So, the minds, the mind the emotion, the the spiritual quality of the individual who is doing the experiment, was going to have a direct impact on whatever they were working on.

Right. And they recognize this. And, and likewise, they use the practical alchemy, to say, Well, if I'm connected to the outer world, and vice versa, then whatever I do to the outer world, it's also influencing me. So, they would use it as a way to invoke that transformation. But if we just take this to a psychological level, for example, okay, separate and recombine. Now there is, there are actually seven stages or seven sub-steps in this process of separating and recombining. And you go through a number of cycles of this in order to get it to the most perfected form you can. And that's how life is right. We all go through these stages, these cycles of life, where, you know, we're constantly refining ourself and our identity, and clearing away the negative stuff that you know, maybe at one point, we thought we dealt with it, we were done with it, but then we, you know, oop, there it comes up again, a couple years later, and we go, I thought it was done with that. But we maybe weren't. And there's another level of refinement to go through.

And in alchemy, they talk about three essentials, three essentials. And these are the things that they're trying to separate out, and to purify, and then to later recombine. And those three essentials, they called them in the western alchemy, they call them salt, sulfur, and mercury. And this is where we get into a metaphorical language, they get very confusing for the people who are not initiated into the alchemical tradition. In the Ayurveda tradition, they call them Vata, Pitta, Kapha. They had similar model, but just different words for them. But they're the same thing. In a little bit more modern languaging, we can call them consciousness - would be like the sulfur. Spirit, or, you know, your essence would be like the mercury, and then the body, the physical would be the salt. And so these are the three things that they're trying to separate out, and then purify, and then recombine, and they go through seven stages.

I'm going to, we're going to be switching here in a moment to how music and Metamusic can start to play a role here how they did play a role in the work of the alchemist before I want. First, I want to introduce you to the seven stages. So, the first stage is calcination. Calcination. Anyone know what that means? We have a lot of these words that are actually used still today in chemistry, for example. What is it to calcinate something? (that's calcification.) Burning Yeah. Calcination, to calcin is to burn it to ash. Right. So, you take something, you burn it, and you burn it, and you burn it until there's just, you know, it's obliterated, almost, it's just ash.

So, in life, I want to take this and I want to apply it now a little bit more to the work that the Monroe Institute does, for example, which is to help people transform themselves, through the use of music and binaural beats and Hemi sync, and so forth. Those moments in our lives where we really get burned, or where we have an experience, you know, where somebody either, you know, offends us or, you know, ticks us off or gets angry at us, and they just blast us with this energy of anger, whatever. Those are the moments of, of calcination where we just get burned, or where we're really trying hard and hard and hard to achieve something and then we fail. You know, those are those times where we just like we are so let down and that process starts the fire under us. That process is what initiate this change or this transformation because it's. it's it's hard not to react when something like that happens, right? So, there's this energy that starts moving or your your mind starts going and the first thing that happens after the burning is disillusion.

So, what would this disillusion be? to dissolve? What else? Yeah, yeah. Okay, so when you dissolve something, but if we're if we're applying this to life, then we become disillusioned, right. We, we first we go into burn, being burned, but then we you know, I you know, it's just there's this mix of emotions that comes up and we're not so clear in our thinking and we're, you know, the we're kind of volatile or we're upset or we're sad or you know, there's some sort of emotional response that we tend to get after being burned. And this helps because it takes what was passive, what was being stored deep deep in the subconscious and takes him from a passive state to an active state. so that it can then start to be looked at. So, we start revealing what was hidden in the subconscious. But it's all kind of mixed up right now.

So, the next step is to go into separation. Separation, you know, taking out the pieces and getting clarity about what's what, right. So, here we start to, okay, well, you know, this piece that they said was maybe true, and I need to take a look at that. But this piece that they said was not true. That's just not me. And this piece, you know, is something, this is a pattern that I've had, okay, I recognize it. Is that really something I want to continue doing? And if not, you know, what do I want to do instead, so we start asking ourselves questions, and we start trying to gain clarity. The introspection that happens inside internally, psychologically, is where we start to have that separation of the different pieces.

And when that clarity starts to come, then we can come to the next step, which is called conjunction, where we bring the pieces back together. So, things have been purified out. And we've we've sort of, we've gained this clarity, now we can bring those purified parts back together, and create a new whole. And here in a person's psychological journey of alchemy, for example, they're gonna start to come into a greater sense of, of self, like they have healed a part of themselves, and they're gonna start feeling a little bit new identity, they've refined a little bit of their self-image. And they might have even had a

separation from old sets of friends that really don't even fit them anymore. And in order to make room for the new friends to come in with a new vibration, or resonance, then they, they have to create that separation. So, there might be a coming together with new people, new relationships. So, this conjunction stage is all about coming together and finding harmony. And this is where bringing things back together in a perfect proportion, in perfect harmony is really important. And I'll get to that a little bit later.

But that new state of self is really kind of fledgling, it's, it's young still, and it needs to mature. And so in order for it to mature, we go into the next stage, which is called fermentation. Fermentation is how we make good wine and good alcohol, which also came from alchemy. And fermentation is, you know, in the south, this is just a maturing process, you kind of you kind of sit with that. Sometimes people feel in the fermentation stage, depending on how big the life change was, this is the stage where they might go through a bit of a dark night of the soul. Because they're feeling, they're mourning their old self, but the old self was a lower, lower manifestation of them, it was more ego based, right, but there's still a separating away from that there's a death of that old self. And so they start to mourn that in some way, or they feel isolated in in the fermentation stage. In a real practical application, like, you know, working with making beer or wine or some sort of herbal tincture, for example, to ferment something would be to take it and put it into a dark place. It's, you know, it's isolated, it's in its container, it's maybe slowly heated, and it kind of, you know, there's a rotting that happens basically, until there is this rainbowy film or sheen, the ferment that forms on the surface, that is said to be when that fermentation stage ends, there's just kind of light that luminescence that starts coming off of them. They see the light at the end of the tunnel, in other words, if they're going through a dark night of the soul, but you know, there's cycles within cycles within cycles within cycles. And they don't necessarily need to go through a major dark night of the soul in order to go through the fermentation stage. We'll get into what the alchemists did to speed this process up.

Once we've gone through that, then there is another level of separating that happens. And this time, it's your distillation. You go through many, many, many cycles of purification, everything at this stage is something that is of essence and needs to be kept. We just need to purify it and refine it and raise the vibration and this is the part of this process that really requires patience, requires skill, required artfulness. And, here, this is where it starts to get more challenging here. A lot of people when they're, you know, doing the real chemical process, they might, they might try to just skip to the end and skip this process because it requires too much time and patience and hard work. And but if they skip this process, they're never going to get their gold. This is for example where a lot of the, as we started moving more and more into high throughput and mass production, and, you know, modern day pharmacology, for example, they just didn't have the patience for doing seven rounds of distillation, for example, and they just did one and so that's good. Right? So, but and when you're distilling it, that's when there's the most opportunity for the subtle energy influences to awaken and to really be infused within the body.

So, this is an important stage, and then the final stage is to crystallize it, to bring it into a solid form that they call the coagulation. And that final solid form would be what they call the Philosopher's Stone. Usually, though, you don't get to the Philosopher's Stone until you've gone through many, many, many rounds of this whole process. Again, and again. So, it really is an art and it's not about going through it



once and you're there, right, just like life is not going through it once, and you're there. I mean, just like TMI has discovered, well, you can come for one Gateway, or you can come for many rounds of this process. And the more rounds you go through it, the the more accelerated your growth becomes because you're starting to attune more and more and more, it's a similar kind of thing.

So, let's talk now, though, about music, and vibration. Alchemists in the west created a lot of, they hid a lot of their teachings in their art, artwork. Art will save the day, and a picture's worth 1000 words and, and in order, and it will be preserved better than books, often, especially when you have certain other forces out there that don't want your knowledge out. They hid it in art. And so it became an integral part of the tradition of alchemy often to create art. So, here you see this is a little bit, you know, in the 1600, the early 1600s. This was done by an artist and it's, you know, got this perspective going on. And on the left, of your left side, over here, there's an alchemist and he's praying, and he's doing aerations. And he's like, he's putting himself in the right frame of mind and consciousness and, and really being intentional about making sure that his work is going to serve a greater good, and that is going to be aligned with cosmic principles. And so he really takes the time before he does anything over here in the lab, to to get into the right space, you know, so because again, my consciousness is going to be key and fundamental to the success of my experiment. And not only that, but the temple, or the sanctuary, and the laboratory were in the same room. They were not seen as separate, they were united, right? So, gosh, imagine if our scientists today made their laboratories like a temple. And what if they meditated before they started their experiments? And you know, what kind of insights might come through I mean, most scientific epiphany has come not when they're, you know, slaving away at the (whoo, getting a little strobe effect there.)

So, so they don't slave away at this at the writing and you know, this trying to solve the math problem, it's usually when they're, you know, off going for a walk or doing something else, and then the lights turn on, right. So, if they meditated more, for example, they might have a lot more breakthrough. And it could also be that they would gain a little bit more compassion and you know, desire to serve with their research and which some of them do, but you know, some of them are too driven by the money.

But what I really want to point out too, is this middle table. In the middle here, here's a little bit of a blow up, are all these musical instruments. And what this is saying is that there is a secret being revealed here that the middle pillar, that piece, which unites the the spiritual or the consciousness side of things, with the practical physical side of things, is music. Or, really, music was also just symbolic of vibration, they were able to use musical instruments to create a vibrational entrainment. And not only could they in entrain themselves, but they could in train their laboratory or their experiment.

So, they were familiar with this concept of entrainment. They didn't necessarily call it that, but they, they observe nature for example, they started watching how psychological or behavioral events or physiological events in living beings or you know, whether it's plants or animals or humans would entrain or would match the periodic oscillations in their environment. So, like a day-night cycle, the circadian rhythms and seasonal rhythms and hibernation and Moon cycles, you know, menstruation. So, they would observe these patterns in these cycles and these oscillations in nature, and they would see the most of nature aligns itself with these rhythms, with these vibrations. And then they also recognize that music, so synchronizing an organ to an external rhythm. So, for example, it was

mentioned the other night that you know, in, in drumming, for example, you know, a beat, you can have your breath and your heart rate altered by that beat, right? So, introducing that music and this is, you know, getting more and more onto the territory of the Monroe Institute with Metamusic for example, we do entrain using the music we entrain the body and, and certain other physiological and emotional rhythms to the music.

And then of course, you know, about brainwave entrainment. So, with the Metamusic, we're combining both the bio-musicology right, the entrainment to an external rhythm, as well as the brainwave entrainment. And this creates an interesting synergistic effect that I believe if the alchemists had, you know, had this additional aspect of brainwave entrainment, they would have gone a lot farther, a lot faster with trying to, you know, achieve their goals, so to speak, they would, you know, they knew about music. And they knew about nature's rhythms, but they weren't as aware of the brainwave rhythms. And so this is a place where modern science and modern technology has gotten to, to be able to accelerate yet again, you know, using these kinds of tools and this awareness.

Now, my personal experience, for example, I just want to share with you, I have, of course, grown up with Hemi sync and Metamusic, and so forth. And I've been somewhat involved a couple times with some of the projects that my mom has helped to create with creating some of the beta pieces. So, for example, I hooked her up with a couple of the musicians in Seattle, and I helped to listen to their music before it became a Metamusic piece, you know, just listening to it. Which ones do we take out? What order do we put it in. And so *Breakthrough* by Michael Miracle was one that I listened to a lot, I listened to it over and over and over again, and I love his music. He's genius. And it got to a point though, where I listened to it so much that I got to this place before it became Metamusic that I was tired of it. Like, okay, I've heard it. Next, you know, I need something new, something that's going to stretch me to the next level.

But then when it finally came out with Metamusic, I listened to it again. And immediately I'm like, okay, I recognize this music, you know, I entrained to the music really quickly. But what I have found since then, is the synergy of the Hemi sync patterns and layers beneath it has created this totally different experience of the music for me than what it was before. I can listen to it longer, for, over and over and over again and I never get tired of it anymore. And not only that would *Breakthrough* in particular I put that on when I need to break through a problem where I'm procrastinating on something and I'm just like, needing to get through my own little stuckness I put *Breakthrough* on I listened to it and I just all of a sudden they start going and I got to take it off, to calm down, to stop working. Because otherwise I'll be up all night with breakthrough on and I won't be able to go to bed. So, it really that the metal music just has an amazing synergy between the music and the HemiSync frequencies.

So, let's go back for just a second to the alchemists. So, the alchemy This is another alchemy image where you have some musical instruments depicted and this particular alchemy image relates to the planet Venus which is the metal copper, which is one of the associated with one of the stages of alchemy, which is the conjunction stage. And so here they're using, you know, they're just showing that the music is one way that lifts our moods and it helps people be happy and merry and a lot of inner alchemy practices also use music to lift the mood and to lift the vibration. They use chanting, they use toning, they use mantras. They use music. Actually they say that Toth or Hermes, you know, whichever

kind of genre of the story you want to go with, was the first inventor of the first lyre, you know, musical instrument, stringed musical instrument. And so this, again is like showing how related music is to that principle of science and higher learning and understanding the basic fundamentals with which this universe is created.

And in the Pythagorean society, which were alchemists of a later time, they said, not only is there a music that we can create with our instruments, but there's these proportions, the same proportions that are pleasing to our ears, are the same ones that we see out in nature, because they would go out and study the patterns in nature. And this, you know, the cycles of the stars and the, you know, the patterns, the images of things that they'd find in nature, and they were the same, same proportions. So, the same music that is pleasing to the ears are the same proportions, harmonies that are pleasing to the ears are also pleasing to the eyes.

This is what, you know, is became then the study of sacred geometry. And then they thought that each planet had a sound associated with it. And as they would go in their orbits, they would create the music of the spheres. And they would also see that music could be not only used to entrain us to a certain state of consciousness, but it could also be used to affect the physical world. And I'm sure most of you are familiar with semantics, how sound applied to physical material will affect the patterns in the vibrational kind of arrangement of those molecules in the matter. And so they could also see, well, I can use sound to also impact the physical.

And in, in the music, though, again, sacred geometry is very important to the alchemists. And so they looked to nature to see all right, what do we need to use? What harmonies do we need to identify to really take our alchemical experiments to the next level? And they worked mostly with the Pythagorean scale of music, which is all based on the three-halves ratio, right? You guys are mostly familiar with this stuff, right? Yeah. Okay.

So, that's just slightly off from our modern musical scale, but they worked primarily with Pythagorean tuning. So, if we go back now to the seven stages of alchemy, this is another old alchemical woodblock image. And each of those circles around the tree represents one of the seven stages of alchemy. So, now I'm going to talk to you a little bit about how, I can go in so many different directions from here. I, for example, it ISEEM, I spoke last June that ISEEM and I took this same direction of alchemy, and how do we apply this now to quantum mechanics and to modern science, and you can overlap the the basic principles of alchemy with some of the fundamental patterns that you see in the standard model and in a lot of modern physics discovery, and there's a direct correlation. So, then from there, we can gain some more insights on how to harness consciousness for example. There's lots and lots of different directions we can go into spiritual alchemy, we can go into psychological alchemy more, but I want to just talk to you about the Metamusic pieces that I have chosen to use in my alchemy workshops with different people.

And so this first stage, calcination, I'm going to just play for you hear I'm gonna – “Name That Tune.” Anybody? No? *Breakthrough*? Yes. So.

So, *Breakthrough* is what I use in calcination. Because again, from my personal experience has been that *Breakthrough* is helping you break through and in calcination, you want to break down, you want to clear away the obstacles get over, you know, whatever stuck, and, and the beta frequencies and the higher beta frequencies within *Breakthrough* really help you kind of harmonize, but it's at a conscious level, and move beyond it's like really like driving kind of energy, and so there's a little more activity to it's more fiery, for example. So, I like to use *Breakthrough*.

Now. A dream that I have would be to create a alchemical series of Monroe CDs either Metamusic or guided imageries, that work with the music as well, because I think the music is really an important aspect. And if we were to do that, the bass note of middle C would be corresponding to the frequency associated with, with calcination. Right on that Pythagorean scale tuning especially. And because the Pythagoreans, and the golden mean ratio was so important to the alchemists, I would also suggest we would work with more Fibonacci type frequencies embedded below it. So, this is the kind of thing that we would do with calcination stage.

Now, disillusion is the next step. And dissolution, remember is where we start diving into the subconscious. And we're going into the waters. So, we're working with different elements here with each of the stages. And disillusion is is very kind of mixed up. And you're going deep, deep, deep in the subconscious realm. And so here I would typically lead people through, in a workshop, I lead them through a guided imagery that goes deep into the labyrinth of the mind. And if it will play, I like this one, because it goes deep - *Into the Deep*. So, *Into the Deep*, really, you know, helps them go deeper and deeper and deeper. And then as you invoke imagery of water and diving down and deeper into the ocean and maybe going through kind of a labyrinth experience to unwind. Or maybe there's swirls or, you know, this kind of imagery is what would be invoked for the disillusion stage. And ultimately, we want to stir the subconscious enough so that things can come to, there's, there's a little bit of agitation that comes in with this when, we're following the calcination calculations, a lot of fire imagery. So, you do like things where you're writing down all your blocks in your, you know, in the workshops, they get really experiential, and take people through guided process step by step by steps that they experience, within, you know, a certain amount of time, whether it's a day, two days, a week, however long I create that workshop for, they go through each stage at a personal level. And the feedback every single time has been really amazing transformation happens because they're focusing on it, we're using the Metamusic, we're using different techniques that have come through various traditions that I've studied. And it's really a powerful process that people can go through. So, *Into the Deep* would be is great for leading this kind of guided imagery.

Ultimately, though, you want to at the end, you want to resolve it and lead them towards light and lead them towards gaining a step of clarity, to lead them into the next level. If we were to tailor a Metamusic or a guided imagery with music kind of piece, for this stage, we would work in D natural as the base frequency. And then again, you know, working with more watery deep kind of, you know, taking him into the subconscious type of music so you're going to change the style of music, not just the keynote on it.

So, then for the next stage, we go into separation and separation is again about gaining clarity and picking the pieces apart and it's more of a mental activity introspection and and you know, we have to really engage the mind here, whereas in the *Into the Deep* or the disillusion its subconscious mind here,

you want to get more conscious about things again. And it's the element of air. Don't know if you guys can hear that as the wind, wind. Mom, don't give it away.

It's *Lightfall*. And the reason that I chose *Lightfall* is because it's a beta piece, not only there is the wind, right? There's lots of beta pieces to choose from. But this is this particular beta piece has the wind element in it and it's one of those ones that you can just kind of put in the background, it's not distracting in any way. And you know, you can tune the music out and just focus on what you're trying to do. And so that and yet it brings that added element of gaining clarity and harmonizing, you know, creating a whole brain, beta state, and so forth. So, *Lightfall* is perfect here. The types of exercises I would do, here are more breathing techniques, because again, we're working with air. But we want to separate so we breathe into different channels in the body to help them really create that separation within themselves and really get clarity about, you know, not only the, the mental and emotional stuff, but also the physical and how that relates into the body, because they all are all connected.

Metamusic, if we were to tailor it to this stage, it would be a bass note of E natural. And again, this is a little bit more of an active step, air and fire are more active elements, whereas water and earth are a little bit more passive elements. So, this would be more active type of music, we want them engaged, we want them working, we want them into you know, being introspective, if it was not going to be a beta piece, I would make it an alpha, light alpha, you know, so they can get kind of meditative with it, but not going too deep.

So, on to the next piece or stage. I'm sure you guys will recognize this one. Conjunction is the next step. I'm not really explaining too much about these images. But these are a series of images of an alchemist. That is relating to an interpretation off of the Emerald Tablet. So, some of these lines, like the name is the earth or the nurse is the earth. These are from the Emerald Tablet. I explain these more fully in my workshops, but we don't have that much time. So, if we were to create a now conjunction again is where we're bringing things back together, it's very heart centered, right? The heart, engaging compassion, engaging healing, engaging love. Self-love is ultimately what creates that uniting force. And so we're bringing things back together here, we're remembering who we truly are, letting go some of the old hurt, the ego, burned aspects and so forth. And this is a place where there's a lot of nurturing. Just coming into a greater sense of, of self. And it can be either an active or a passive process. I tend to do different exercises that help them come into their center, and into the heart center in particular. Can you guys hear this one yet? Thank you, okay, good. Being one of the best sellers. So, yes, I bring in *Remembrance* because it's called *Remembrance*. And it's helping them remember who they are and to kind of reawaken those codes that are stored somewhere within deep within to help bring it out. Other pieces, though, that would be great here that are more Alpha Theta would be like *Touching Grace*, *Radiance*, which is very much speaking to the soul and the heart. And the new one, *Waves of Love* is really good as well. So, those are some of some of those examples. And then the key note here is F natural if we were to tailor something to this stage.

Now, fermentation, the next one, this is a this is a death process that people go through. This is a place again, fermentation is for something to rot and to die away, but whatever is of essence, will survive that death. So, whatever is the pure essential will survive the death and only what dies is, is the impure, the part that needs to kind of die anyways. And so here to ferment things, what the alchemists

would do to speed this up is they would go on a vision quest. They would go out into, you know, up onto the mountain or out into the desert, and meditate for 30, 40 days, for example, and, you know, go until they find a vision. They'd fast, and they'd, they'd really tried to charge up the internal fire.

Actually, in Thailand, there's a place called the Tao gardens, that does what is called a dark room retreat, where you immerse yourself in complete darkness for anywhere from a week to three weeks. And what happens with that, and there is there here we're starting to know some of the science, the physiological science behind what is an alchemical process, going into the dark, it suppresses, the circadian, the, you know, the melatonin serotonin production. So, it enhances melatonin production, suppresses serotonin production. And as you are immersed in that darkness for over a week, first you're catching up on sleep, and then you're going more and more into melatonin production in the pineal gland. And after time, the melatonin molecules start to catalyze within the pineal and start forming more complex chains. And ultimately, they go into forming, apparently, the DMT molecule, the spirit molecule that is supposedly only naturally produced both at birth and at death, here through darkroom immersion, which is kind of more of an ancient alchemical tech, internal alchemy technique. They are creating that visionary experience through going and immersing themselves in a cave for 40 days, for example.

They, yeah, yeah, yeah, they eat and they, they might even tell some people if you're vegetarian to go protein, like animal protein, because the protein is really important for the biochemical production process. I haven't been myself yet. But I know some people who have, and it sounds very interesting to me.

So, then another question, same line of thought, are they staying in the cave in total darkness, you know, even through routine daily, bathroom, eating?

Because what will happen? What happens when the lights are out at night? At first, it's like, oh, my God, it's dark, and I can't see anything. But then what happens? Your eyes adjust, your eyes adjust, your eyes will widen, you know, they'll dilate, and you'll be able to start seeing more. Well, what happened, what our friend who went and did this, what she told us was that after after being in it for maybe by the third week, she was seeing auras. And you know, I mean, it was as bright as day in there, because she was seeing all the energy coming off of people. So, the eyes really will adjust to the subtle light. I mean, the bio, the bio photon field that emits off of us is in the visible spectrum. It's just a really low amplitude. Right? So, so yeah, they definitely, like you don't want to bring in the lights. As soon as you bring in the light, then you start triggering the serotonin production, and suppressing melatonin. So, there is really an internal biochemistry to all of this. Ancient alchemists knew this stuff. They knew it more by experience and practice. But then they created traditions that said, here's the formula, here's how you do it, follow these steps, and you'll get there too. And so, I say, well, they definitely knew something over 1000s of years of experiential research, and we can learn some stuff from them.

So, because I don't have a darkroom retreat to immerse people in during my workshops, I came up with a guided imagery process that uses alchemical imagery of the flame or the spark of consciousness, uniting with the waters of the of the soul or the subconscious, bringing those two opposite elements

together. And then using the breath, certain breathing technique. And I collaborated with John Epperson, who has created a number of Metamusic pieces to, He worked with me and you know, I gave him Okay, these are the parameters of what's coming through to work with this particular meditation. Can you do that? And he said, sure, that sounds like fun. And so it follows a certain sequence of triggering the chakras to open based on the keynotes associated with those chakras. He also produced you know, a simple form of binaural beat to take to entrain into a theta state so I get people into a really deep meditative state. But then as you bring the imagery of the the flame coming down and really stimulating the pineal gland and then going down vertebra by vertebra, coming into the heart and the waters rise at the same time and we come into the heart. If I have time, or if people want to go through it later tonight, I'd be happy to guide you through that process. But it really is deep and it very much simulates the pineal gland experience. And then we add the kind of pinnacle of the meditation we bring in a gamma trigger to help open up that kind of heart of compassion, united heart-mind that gains access to a higher consciousness or a super consciousness state where people can gain insights.

Gamma frequencies. Yeah, sorry, that was actually for the distillation stage not for fermentation. Yeah, gamma frequencies above like 35 hertz.

So, so, I use that meditation both, sometimes I'll use it for fermentation. Other times, I'll use it for the distillation, right? It kind of combines the two, which is the next stage. The other Metamusic piece that I use for this stage here at fermentation, because it's like more vision quest you like imagine going out into the desert, going on a vision quest, immersing yourself in silence. (That's the wrong one. No it's not, it started sounding like *Remembrance* for a second. I don't think you guys are gonna get this one.)

There's a lot of, there's a lot of little animal sounds that kind of come in here and there. It's *Between the Worlds, Between the Worlds*. Did you? Good, I didn't hear you. Yeah, *Between the Worlds*, it's just this very interesting shamanic piece, and it's so perfect for this stage, send them into a meditation just leave them in silence with the sounds. And you know, I just kind of hold that space for them for a while. And then towards the end, I'll bring in some imagery that helps create the shift and bring in more the the kind of final part. Now the final part of this stage alchemists used to call it the peacock's tail, which is reminiscent of this rainbowy film that they would see on the surface of a substance after it's fermented enough. Or within our own self, you have this rainbow II luminescence that comes into your energetic field after you have fermented enough, so I use a, I use that one there. And G natural would be the key associated with the stage.

So, then distillation, again, like distillation is really much more the let you hear some of the music a little bit of the meta, or the guided imagery process that I worked on with John Epperson. And he brings in some of the chimes with the chakras, and then it's a real drone, it was not supposed to be very distracting. And ordinarily A natural would be the key fundamental key associated with this stage. And this one says, you know, this is about going through cycles of ascending, or kind of going into a higher consciousness and then coming back down and uniting that with more of a physical consciousness and then going up again, and coming down again, and going through several cycles of distilling. And so this is a place where it really requires patience and discipline and, and really staying with the process of both the ascending and the descending energies, which is very much the imagery invoked in the guided

imagery process. If I were to, in my workshops, for example, if I were to use a Metamusic piece, the two that I would use for this would be Inner Journey, or Ascension. Of the ones I've listened to now, I haven't listened to all of them. But these are some of the really good ones that seem to fit these right categories.

So, it kind of continues on like that. But if you're listening to it with the guided imagery process, you know, there's different triggers, binaural beat triggers that come in at different times. And it's perfectly tailored it to the guided imagery, like the different parts that I was bringing in at different stages. So, it's really nice CD, and we are, I'll show you an image of it later. But that is for sale up at the bookstore as well. It's called *Quantum Insight*. It's all about achieving. Actually, it was more of a distillation I was jumping ahead of myself, you get both, but it is more of the distillation stage. It's very much about raising the vibration up to a superconsciousness state.

So, if we come into the final stage here, coagulation, Here, I, I take them on a guided imagery journey of uniting with higher self and seeing their ultimate vision of themselves and going off on this journey of being a Phoenix and so forth. And you know, but really, here's where you crystallize the new sense of self. And if we were to tailor a Metamusic or a guided imagery process with music to this would be B natural and, I tend to use *Higher*, yes. *Higher*, is perfect for this this stage, especially and just, you know, really solidifying all of that. As you listen to *Higher*, I'll let you look at a really cool image. Higher. I know. Yeah, so I have some of the oldies but goodies. And you know, I don't know if they'll ever be topped in my workshops, and I bring in some of the new stuff as well, because as you know, there's some really amazing new stuff that is being produced. And it's really exciting to see the diversification that is coming through with the Monroe products these days, and to see some of the new music that's coming through from more of the younger generations as well. I think, you know, the more we can bring in some of that stuff, the more we're going to appeal to the younger generations. And I'd, encourage, you know, another piece that's working with some dance kind of stuff, again, not just meditation or study stuff.

Okay.

So, So, again, the goal in alchemy is always transformation. Now, there's a subtle difference between change and transformation. Anyone want to guess what that is? Besides it being there's a science to getting transformation?

I would say change can be in the same element of where you are, whereas transformation moves you to a very different space.

Yes. Okay, so, so another way of putting that really is, is change, change sometimes is random, like you don't necessarily have control over it. And change can sometimes lead for better or for worse, you're not necessarily always better off after a change happens. Transformation is always leading towards good, always leading towards improvement, and ultimately set you know, climbing a ladder up towards a higher and higher status, (okay, before you all fall asleep. Or, yeah, or go out there too much.)



And so in the transformational journey of alchemy, it is always about leading them to find the gold within and to not only find it within, but then to bring it out and manifest it, to make it really practical to crystallize the self-image, you know, of the personality to be totally aligned with the true self, the higher self and to help them emerge victorious from whatever life's challenges bring. And when you step onto that outcome, alchemical journey, consciously start looking at life's challenges as, Oh, here's the next calcination that's starting to fire under my butt to help me transform to the next level. Alright, so it's like you almost look at it as Oh, it's doing me a favor, I get to you know, go through the cycle again. And then it becomes about the journey, and you start to enjoy the journey, even though sometimes the little pieces here and there, you know, suck at least you know, there is there is, a there is a goal to be found in this process, and it will lead on to better and better and better life. And when you know what those steps are, it gives you a little bit of a roadmap to find your way through that. And a way there's there's methods that can be taught and tools like Hemi sync and Metamusic that can be used to elicit and to accelerate and to move that process forward.

I'm leading a number of workshops over the year. We have one in New York; I have two in Japan. We're doing a seven-day cruise, my mom and I are doing a seven day cruise to the Mexican Riviera on music and Metamusic and alchemy. And we're even bringing onboard hopefully a really amazing shamanic sound healer, multicultural kind of shamanic tools that are used. His name is Rafael Bejarano to do real experiential journeys. And then in 2011, I am planning a 14-day European alchemical initiation tour with Dennis William Howe, who is the very well-known author in alchemy. He actually wrote the first alchemy book that I read. And so that's going to be really exciting. We're going to do four different countries in a 14-day period, each of which has really significant alchemical connections. And, you know, I'm also available to do more.

So, I love this work and it's a lot of fun to see the results in people. And so here is very quickly the cover image of The Quantum Insight CD that you can get from the bookstore. And if they run out, I only had, I didn't bring like enough for this whole group or anything like that. So, there's a limited number of copies that are up there. But if they run out, then they're taking orders as well, for you to get some new ones. And if people want to, tonight, I would be happy to maybe after the movie or something like that lead, a short, shortened version, maybe 20 minutes worth of this with the music and guided imagery. So, how many people are interested in that? Yeah. All right, we'll do it. We'll do that after the movie after the Yeah, all that stuff is done tonight.

And so, we are coming into an era of unity, I truly, I mean, just sitting here this weekend, and listening to the talks that have been coming up, the theme is all the same, you know, the language is a little bit different. And the model that people are like orienting themselves around is, is different, but ultimately, it's all the same and it all comes down to consciousness and it all comes down to you know, realizing that we are the cause and that we are part of a greater whole and you know, if we were to take the As Above So, Below, or as the inner, so the outer, law of correspondences and we look at that a little closer, we see Yeah, okay.

There is you know, this is to speak to a comment yesterday that there is separation and why separate? Right. And, you know, when we look at the alchemical stage separation is a necessary part of that transformative journey, but, so is coming back together. So, is union and if we take this you know, this

this law of correspondence to the next level, instead of As above, so, below are as the inner, so, the outer is as me, so, me, right, Everything here is me, you know, are I am that I am I am, that I am, and these are, you know, the more advanced teachings that are on that path, but it's the same thing as the eastern teachings, the yogic tradition, the alchemical tradition, they're all going towards the same thing. That's unity. So, I think I'm out of time. Okay. Thank you very much, and I'm happy to answer questions during the break.